

Yin Yoga für die Meridiane von Leber & Gallenblase

Helga Baumgartner



NASA MEDITATION



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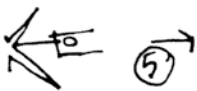
KREISSEL: FINGERN & ZEHEN, HÄNDE & FÜßE, Knie ÜBER BECKEN



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(LEBER)

* DOWN BUTTERFLY *

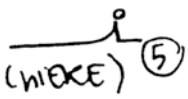


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(LEBER)

* FROG *



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(NIEDE)

* SPHINX *

(COUNTERPOSE:)

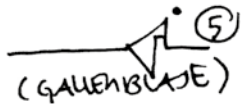


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(NIEDE)

* SEAL *

(COUNTERPOSE)



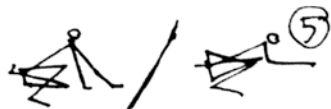
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(GALLENBLASE)
* SLEEPING SWAN *



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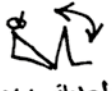
* DHOTI *
(HINTERES BEIN
SCHLÄGT ÜBER)



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* SHOELACE POSE

|| mit
2. SEITE



* WINDMILL
WHIPKES *
(GALLENBLASE)



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* CORK SCREW *
(AM BOGEN!)



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* ZWEITE SEITE
CORK SCREW



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(LEBER)
* DRAGONFLY RIGHTS, LINKS
& MITTE *



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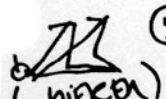
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(GALLENBLASE)
* BANANA
ASANA *



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* ZWEITE
SEITE *



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(NIEDE)
* HAPPY BABY ("SWEET SPOTS")



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* SAVASANA *



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